

IT'S COLD!

Your fingers and toes finally stopped hurting and may even have a pleasant feeling of warmth.

You are experiencing frostbite, which can occur at temperatures of freezing and below.

What do I do now?

- Gradually re-warm the injury
- DO NOT pour water on the injury
- DO NOT try to rapidly warm the skin
- After re-warming, seek medical attention if you experience persistent pain, discoloration, or swelling

Cold Weather Injuries Are Preventable!

- Leaders ensure personnel are trained on cold injury prevention, monitor weather, and manage exposure time to the cold
- Perform pre-combat checks to ensure personnel have the appropriate equipment and good personal hygiene
- Wear and carry adequate clothing for the weather
- Ensure clothing and footgear is loose, allowing good circulation to all parts of the body
- Keep hands well protected. Do not touch metal, snow or other objects with bare hands
- Keep moving, make frequent leg and foot movements
- Sit or stand on insulating material such as wood, cardboard, or other poor conductors of cold

